



Upcoming Event >>>

- Sun 1:** 2:00 Church/ Activity Staff
- Mon 2:** Weekly BOGGLE/ 2:00 Craft Group/ 6:00 Asst. Game in Family Room
- Tue 3:** Pastor Letters-Treats/ 2:00 Bingo
- Wed 4:** 9:30 Beauty Shop/ 1:15 Movie & Popcorn
- Thu 5:** Menu Passed/ Undecorate/ 2:00 Happy Hr/ 6:00 Movie in Family Room
- Fri 6:** Menu Passed/ Undecorate/ 2:00 Bingo
- Sat 7:** Menu Passed / 2:00 Bingo
- Sun 8:** 2:00 Church Freedom Community
- Mon 9:** Weekly BOGGLE/ 10:00 Exercise Noodles/Balloon/ 2:00 Dice/ 6:00 Asst. Game in Family Room
- Tue 10:** Pastor Letters-Treats/ 2:00 Bingo
- Wed 11:** 9:30 Beauty Shop/ 1:15 Movie & Popcorn
- Thu 12:** Menu Passed/ 10:00 Exercise/2:00 Game Day/ 6:00 Movie in Family Room
- Fri 13:** Menu Passed / 2:00 Bingo
- Sat 14:** Menu Passed / 2:00 Bingo
- Sun 15:** 2:00 Church Chetek/ Dovre Lutheran
- Mon 16:** Weekly BOGGLE/ 2:00 Card Games/ 6:00 Asst. Game in Family Room
- Tue 17:** Menu Passed/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 18:** 9:30 Beauty Shop/ 1:15 Movie & Popcorn
- Thu 19:** Menu Passed/ 2:00 Happy Hr/ 6:00 Movie in Family Room
- Fri 20:** Menu Passed / 10:00 Monthly Communion/ 2:00 Bingo
- Sat 21:** Menu Passed / 2:00 Bingo
- Sun 22:** 2:00 Church St. Boniface Catholic
- Mon 23:** Weekly BOGGLE/ 10:00 Exercise Noodles/Balloon/ 2:00 Dice/ 6:00 Asst. Game in Family Room
- Tue 24:** Menu Passed/ Pastor Letters-Treats/ 1:00 Resident Council/ 2:00 Bingo
- Wed 25:** Menu Passed / 9:30 Beauty Shop/ 2:00 Tea Party
- Thu 26:** Menu Passed/ 10:00 Yahtzee/ 2:00 Happy Hour/ 6:00 Movie in Family Room
- Fri 27:** Menu Passed / 10:00 Catholic Mass / 2:00 Bingo
- Sat 28:** Menu Passed / 2:00 Bingo
- Sun 29:** 2:00 Church Advent Christian
- Mon 30:** Menu Passed/ Weekly BOGGLE/ 2:00 Baking Group/ 6:00 Asst. Game in Family Room
- Tue 31:** Menu Passed/ Pastor Letters-Treats/ 2:00 Bingo

**** Activity Calendar is subject to change****

Newsletter

7 WAYS TO REDUCE DEMENTIA SUNDOWNING SYMPTOMS

Because this behavior tends to happen in the late afternoon or evening, it's often called "sundowning." Some studies say that sundowning affects up to 20% of people with Alzheimer's. And it can also affect older people who don't have dementia.

Sundowning symptoms

When someone is sundowning, they may be:

- Agitated, upset, or anxious
- Confused or disoriented
- Restless
- Irritable or demanding
- Suspicious

They might show it by:

- Getting angry or yelling
- Pacing the room
- Seeing or hearing things that aren't there
- Having mood swings



To reduce and manage sundowning symptoms

1. **Track their behavior and look for patterns.** The first thing to do is find out the biggest triggers for older adults, the things that are likely to cause them discomfort or agitation. After a few days, you'll be able to spot clues that tell you which activities, environments, or needs are triggering their behavior or making symptoms worse.
2. **Make sure basic needs are taken care of.** One or two hours before their symptoms usually start, check to make sure their basic needs are met. Don't wait for them to ask – they may not be aware enough or able to properly express their needs.
3. **Minimize noise, distractions, and shadows.** Helping older adults feel calm and safe will reduce sundowning behavior that's triggered by overstimulation or fear.
4. **Be mindful of your own stress level.** After a long day, you might be frustrated, and exhausted by afternoon (it's only natural!). Even if it's not obvious, people with dementia may be able to sense it. They're often more sensitive to body language and tone of voice.
5. **Establish a daily routine.** Sticking to a regular daily routine reduces stress, increases the feeling of security, and improves sleep. Set regular times for waking up, meals, and going to sleep.
6. **Create a relaxing environment.** Making older adults' environments especially calm and soothing in the later afternoon gives you a head start on reducing agitation and anxiety.
7. **Improve nighttime sleep quality.** Having dementia is exhausting, even if older adults don't do much. That's why they may want to rest often during the day. However, too much daytime napping can make it difficult to sleep through the night, a top challenge for many caregivers. Earlier in the day, encourage gentle daily exercise – it's a great way to improve sleep quality.

Reference: <https://dailycaring.com/7-ways-to-reduce-dementia-sundowning-symptoms/>



Sudoku Puzzle Level: Hard

		2	7	8				3
					9	8		1
4					3		7	
9		5			8			
				7				
			5			4		8
	6		4					7
3		9	8					
8				3	1	6		



Employee Birthdays

- Kelsey O., January 02
- Rebecca Y., January 07
- Savannah S., January 10
- Tammy K., January 11
- Jennifer B., January 25



HaPpy BiRthDay JANUARY Born

- They are Quite Generous.** They do not like hurting anyone. They prefer helping others and encouraging them to achieve whatever they want.
- They Stay Calm In Crisis.** You will find these people to be calm and optimistic even during the darkest days.
- They Have A Good Sense Of Humor.** You will never feel bored when you are around someone who is born in January. These people will lighten up the mood of the people around them and will make sure you never feel sad or upset.
- They Prefer Doing The Work On Their Own.** They will hardly bother anyone and will make sure to bear the burden on their own. They prefer solving the problem on their own, no matter how tough the situation is.
- They Are Self-Motivated.** Since these people are quite optimistic, you will find them to be highly-motivated and enthusiastic. They have a strong mental and emotional strength that helps them in making the best out of whatever they do.
- They Have Leadership Quality.** They are always on their toes to lead their group, irrespective of the situation.
- They Reverse Age.** They become mature at a very young age, but they are the lively souls.
- They Are Bad At Expressing Their Love.** The reason behind this is these people take some time to open up to their partner.
- They Can Easily Adapt To Any Situation.** If you know a January born, you will agree that they are comfortable in adapting to any situation. In fact, you will never find them facing any difficulty in adjusting to a particular situation.
- They Are Spontaneous.** You will find them coming up with some out of the box ideas. Their spontaneous acts and jokes will not only amaze you but will also make you enjoy the moment with them.

Meet our Team >>>

Hometown: Chetek, WI.

Tell us about your Job

I want to say I have been at Meadowbrook over four years, how time flies when having so much fun. I am an LPN, work the floor as a nurse and Infection Prevention.

Tell us about your family

I live in a house with my husband Travis, our daughter Jade who happens to work in the kitchen here and my parents.

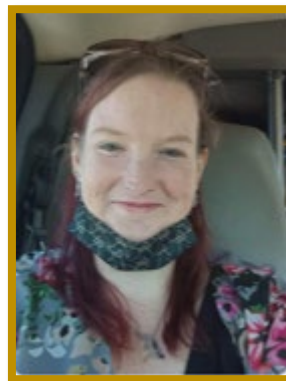
What are your outside Interests?

I like doing all kinds of crafts, helping others, four wheeling and hunting.

Something not everyone may know about you

What people don't know about me is I think I am really funny.

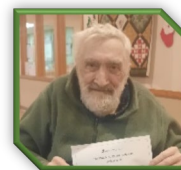
Angie Davis
LPN



Testimonial >>>



"The therapy was the best. The stay was good. I recommended my wife to come here." Martin D. - Resident



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<https://www.boldsky.com/insync/life/personality-traits-of-people-born-in-january/articlecontent-pf209505-131585.html>